



NSCA's Essentials of Personal Training: National Strength and Conditioning Association

National Strength and Conditioning Association

Download now

[Click here](#) if your download doesn't start automatically

NSCA's Essentials of Personal Training: National Strength and Conditioning Association

National Strength and Conditioning Association

NSCA's Essentials of Personal Training: National Strength and Conditioning Association National Strength and Conditioning Association

Comprehensive and research based, the second edition of *NSCA's Essentials of Personal Training* is the resource to rely on for personal training information and guidance. With state-of-the-art knowledge regarding applied aspects of personal training as well as clear explanations of supporting scientific evidence, *NSCA's Essentials of Personal Training, Second Edition*, is also the authoritative preparation text for those preparing for the National Strength and Conditioning Association's Certified Personal Trainer (NSCA-CPT) exam.

This essential reference was developed by the NSCA to present the knowledge, skills, and abilities required for personal trainers. With contributions from leading authorities in the field, the text will assist both current and future personal trainers in applying the most current research to the needs of their clients:

- A discussion on nutrition outlines the role of the personal trainer in establishing nutrition guidelines, including the application of nutrition principles for clients with metabolic concerns.
- The latest guidelines on client assessment from prominent organizations—such as the American Heart Association (AHA) and Centers for Disease Control and Prevention (CDC)—keep personal trainers up to speed on the latest assessment protocols.
- New information is presented on flexibility training and cardiovascular exercise prescription as well as a discussion of research on the effectiveness of stability ball training.
- Revised information on design of resistance training programs incorporates the latest information on the application of periodization of training.
- New information addressing injuries and rehabilitation prepares personal trainers to work with clients with special concerns such as orthopedic conditions, low back pain, ankle sprains, and hip arthroscopy.
- New guidelines for determining resistance training loads will assist those whose clientele includes athletes.
- A variety of fitness testing protocols and norms allows readers to select from several options to evaluate each component of fitness.
- A new instructor guide and image bank aid instructors in teaching the material to students.

NSCA's Essentials of Personal Training, Second Edition, focuses on the complex process of designing safe, effective, and goal-specific resistance, aerobic, plyometric, and speed training programs. Featuring over 200 full-color photos with accompanying technique instructions, this resource offers readers a step-by-step approach to designing exercise programs with special attention to the application of principles based on age, fitness level, and health status. Using comprehensive guidelines and sample clients portrayed in the text, readers can learn appropriate ways to adjust exercise programs to work with a variety of clients while accommodating each client's individual needs.

Personal trainers will appreciate the book's presentation of detailed exercise programming guidelines for specific populations. Modifications and contraindications to exercise are given for prepubescent youth, older adults, and athletes as well as for clients who are overweight or obese or have eating disorders, diabetes, heart disease, hypertension, hyperlipidemia, spinal cord injury, multiple sclerosis, and cerebral palsy. In

addition, the book provides clear, easy-to-understand guidelines for initial client consultation and health appraisal.

For those preparing for the NSCA-CPT exam, this second edition features new and revised study questions at the end of each chapter. These questions are written in the same style and format as those found on the NSCA-CPT exam to fully prepare candidates for exam day.

 [Download NSCA's Essentials of Personal Training: National S ...pdf](#)

 [Read Online NSCA's Essentials of Personal Training: National ...pdf](#)

Download and Read Free Online NSCA's Essentials of Personal Training: National Strength and Conditioning Association National Strength and Conditioning Association

From reader reviews:

Tyler Woodley:

Have you spare time for the day? What do you do when you have a lot more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent their particular spare time to take a walk, shopping, or went to the particular Mall. How about open as well as read a book entitled NSCA's Essentials of Personal Training: National Strength and Conditioning Association? Maybe it is to get best activity for you. You know beside you can spend your time together with your favorite's book, you can better than before. Do you agree with it has the opinion or you have various other opinion?

Juanita Cooke:

This NSCA's Essentials of Personal Training: National Strength and Conditioning Association book is not really ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is actually information inside this guide incredible fresh, you will get info which is getting deeper an individual read a lot of information you will get. This NSCA's Essentials of Personal Training: National Strength and Conditioning Association without we know teach the one who studying it become critical in considering and analyzing. Don't possibly be worry NSCA's Essentials of Personal Training: National Strength and Conditioning Association can bring any time you are and not make your handbag space or bookshelves' grow to be full because you can have it within your lovely laptop even cell phone. This NSCA's Essentials of Personal Training: National Strength and Conditioning Association having good arrangement in word along with layout, so you will not really feel uninterested in reading.

Richard Powe:

This NSCA's Essentials of Personal Training: National Strength and Conditioning Association is great reserve for you because the content that is certainly full of information for you who always deal with world and also have to make decision every minute. This kind of book reveal it details accurately using great coordinate word or we can point out no rambling sentences inside. So if you are read the item hurriedly you can have whole data in it. Doesn't mean it only offers you straight forward sentences but difficult core information with attractive delivering sentences. Having NSCA's Essentials of Personal Training: National Strength and Conditioning Association in your hand like obtaining the world in your arm, details in it is not ridiculous 1. We can say that no reserve that offer you world throughout ten or fifteen minute right but this publication already do that. So , this can be good reading book. Hi Mr. and Mrs. hectic do you still doubt this?

Stephanie Landa:

Reading a book to become new life style in this calendar year; every people loves to learn a book. When you learn a book you can get a great deal of benefit. When you read guides, you can improve your knowledge, simply because book has a lot of information in it. The information that you will get depend on what sorts of

book that you have read. If you wish to get information about your examine, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, this sort of us novel, comics, along with soon. The NSCA's Essentials of Personal Training: National Strength and Conditioning Association offer you a new experience in reading a book.

Download and Read Online NSCA's Essentials of Personal Training: National Strength and Conditioning Association National Strength and Conditioning Association #R1AJXCTZOFS

Read NSCA's Essentials of Personal Training: National Strength and Conditioning Association by National Strength and Conditioning Association for online ebook

NSCA's Essentials of Personal Training: National Strength and Conditioning Association by National Strength and Conditioning Association Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read NSCA's Essentials of Personal Training: National Strength and Conditioning Association by National Strength and Conditioning Association books to read online.

Online NSCA's Essentials of Personal Training: National Strength and Conditioning Association by National Strength and Conditioning Association ebook PDF download

NSCA's Essentials of Personal Training: National Strength and Conditioning Association by National Strength and Conditioning Association Doc

NSCA's Essentials of Personal Training: National Strength and Conditioning Association by National Strength and Conditioning Association Mobipocket

NSCA's Essentials of Personal Training: National Strength and Conditioning Association by National Strength and Conditioning Association EPub